

@The Donna Seebo Newsletter

May 1 2026



A Moment with Donna... Biscuit Wisdom

Biscuit wisdom...sounds a little strange, however, when one is taking a break from the creative chaos of life as I did recently, to smooth out those uptight stressed parts of self...cooking or baking, which is one of my favorite stress relievers, fits the bill. How can making biscuits create wisdom? Sometime you just have to pay attention to simple observations.

After I had finished baking a batch of big, hot, flaky biscuits, I sat down with a cup of steaming black unsweetened tea, split one of those hot biscuits open, and topped it with my favorite orange marmalade. Taking a hefty bite, I realized, the simple ritual of the process, preparing these golden-brown gems, had leveled out stress into a non-existent mode. It was quite nice. Why was it so effective? That is when my thought processes began to churn. This is what I discovered.

It all started with my pulling out a very old cookbook and finding a very simple, no-nonsense biscuit recipe. 5 ingredients...flour, salt, baking powder, milk, shortening. Mixed the dry ingredients with the shortening and liquid, mixed it together as instructed, and then remembered what a friend told me her mother had shared about making biscuits...*'be sure to let the mixture rest.'* After patting out the dough as instructed...I let the dough rest. Then I cut out the biscuits, popped them into the hot oven and 15 minutes later, those golden-brown beauties were ready to serve. The fragrance of freshly baked bread filled my kitchen and the smell was so relaxing, comforting in fact, and you know what I did next, I sat down and enjoyed what I had done. Nothing dramatic, however, it created a shift in thinking, action, and then lightening up my mental frustrations, that had been spinning in various directions, causing unnecessary mind drama.

I was reminded of a story shared about a sergeant who was having a challenge with two soldiers who were constantly fighting with each other, so he ended up giving them a massive washing windows assignment. One soldier washed the outside of the windows and the other washed the inside of the same windows. They had to face each other. By the time, they finished washing the windows assigned...and there were quite a few of them...their animosities had dissolved, and they were laughing and joking with each other.

Sometimes the simplest actions can relieve, and clear, distortions, confusions, anxiety, stress, that burns up energy we shouldn't waste our time on. For me, it was baking some biscuits...for the soldiers, it was washing windows. For a friend of mine, she knits. Another friend, she scrubs her kitchen floor, which is only 2'x2'. Shifting our physical actions into a process that doesn't take intellectual analysis that relieves our restless agitation mentally, and allows us to focus, channeling our energies into a neutral, easy-going status...that is the magic.

Remember the suggestion of letting the dough rest before baking? That is another part of the magic. Allowing whatever triggers are bugging you to settle down so you can clearly think about what needs to be done, then determine what action should be taken.

As I am writing this editorial bright sunshine is beaming through my office window, lighting up a normally dark office that doesn't have a lot of window exposure. These longer hours of daylight are totally liberating and here, in the Pacific Northwest, we are having a unique spring of warmer temperatures and sunshiny days that make our gardens glow with vibrant colors.

Spring is so refreshing. Take time to enjoy the vibrant beauty of the changing season.
Have a magnificent day.

Donna Seebo

R. O. I share the biscuit recipe I used...see it below. Enjoy!

Lower Thought for May

I will not wish thee riches nor the glow of greatness,
But that wherever thou go some weary heart shall gladden at thy smile,
Or shadowed life know sunshine for a while.
And so thy path shall be a track of light,
like angels' footsteps passing through the night – Author Unknown

May's Phuckle

As a mom of two needy toddlers, I struggle to find a moment of privacy during the day. Recently I found refuge in the bathroom. I was sitting quietly, enjoying a moment alone, when the door burst open. It was my 3-year-old.

“Oh, I’m sorry, Mommy,” he said. “Do you want to be alone?”

“Yes, honey, that would be very nice,” I said.

With that, he walked into the bathroom and shut the door. “There,” he said. “Now no one can bother us!”
~ CP, California

The Donna Seebo Show” & “Warriors for Peace”



Heard worldwide

“Delphi Vision Broadcasting” is celebrating its 25th year of positive and informative programming with ‘The Donna Seebo Show’, its 12th year with ‘Warriors for Peace’ and its 3rd anniversary of The Donna Seebo Television Show, “Special Editions”. Currently people in over 128 countries, including the United States, have listened to the shows.

I invite you to join me weekdays for insightful and uplifting programming. The theme of the program is ‘Personal Empowerment.’ Guests are featured from all over the world giving their knowledge and expertise to you - the listening audience

Go to ‘The Donna Seebo Show’ page...<https://delphiinternational.com/donna-seebo-show/>
There you will find a player that enables you to connect to the ‘live’ show 8:00 pm to 9:00 pm, Monday through Friday, Pacific Time. The latest 13-15 hours of programming is available 24/7 on the network’s player, plus 100’s of programs are listed in the archives, available 24/7. Callers are welcome during the second half of the program – Call in number - 253.582.5597.

“Warriors for Peace” is aired on Wednesdays, 7:00 pm to 8:00 pm, Pacific Time. No calls are taken during this interview program.

“The Donna Seebo Television Show, Special Editions” is aired 3 days a week on TCTV media and programs are also on U-Tube, my website, and other venues for viewing 24/7.

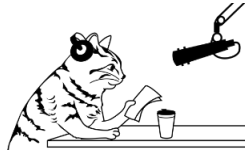
We are featuring The Author’s Showcase. You are invited to visit our addition to The Donna Seebo Show & Warriors for Peace show page. You have direct links to their interviews and can listen anytime.

I look forward to having you join me and my guests at my global broadcasting table. Informative and fun, you are invited to join me weekdays where you can “Light Up Your Life with A Little Bit of Insight.” Be sure to tell your friends and family about this positive, informative programming available 24/7.

Special Note: Programming can be heard via these additional connections: IHeart Radio, I Tunes, Alexa, TuneIn, and Spotify.

Upcoming Events & Broadcasts - May 2026

Thursday, May 21st ...It's Happening! I will be the keynote speaker for Sandie McNaughton's group, which meets twice monthly at the **IHOP restaurant** in Federal Way, **178 SW Campus Drive, Federal Way, WA 98023**. I will be arriving between 5:00pm to 5:30pm, and will be available until 7:00pm, when I will be speaking, for mini-sessions. Look forward to seeing everyone.



Featured Radio Guests on the Donna Seebo Show & Warriors for Peace - May 2026

- 1...Becoming A Bad Ass, From Fearful to Fierce – Margie Goldsmith*
- 4...Surviving in a Mill Town – Von Brasher*
- 5...Ready to Listen? – Leslie Lee Sanders*
- 6...Advanced Flower Essence, Ep. 2 – David Dalton*
- 7...Changing Cadence – Andra Douglas*
- 8...The Karma Sutra for Senior Citizens – Zack Rogow*
- 10...Happy Mother's Day to all of you lovely women.*
- 11...Aliens & Near-Death Experiences – PMH Atwater*
- 12...Nice Girls/Don't Get the Corner Office – Dr. Lois Frankel*
- 13...Yoga & Animals – Kenneth R. Valpey (Europe)*
- 14...Kibby, the Underdoodle – Andrea Cassell*
- 15...Releasing the Emotional Wound – Dr. Gina Goldfeder (Mexico City)*
- 18...The Fragile Breath – Sharon Agar*
- 19...Robots for Business – Elad Imbar*
- 20...Face Your Fears – Christopher Paul Jones (England)*
- 21...To be announced*
- 22...Love & Suffering – Tony Selard (Rome, Italy)*
- 25...To be announced*
- 26...To be announced*
- 27...A Secret Cord – Victor Trillo & Student, Tyler Stonebreaker*
- 28...Tapping into the Akasha – Rohini Moradi*
- 29...Babylon Blueprint for Authors – David Hancock*

Warriors for Peace

- 6...Honor at Last – Aurora Hardy*
- 13...What Do You Really Stand For? - Paul Ingram*
- 20...The Mission at Home – Col. Jamie and Elizabeth Parent*
- 27...Great Lives, Terrible Losses – Dr. Anthony A. Goodman*

Scam Alert Information

How to avoid scams...great information that was sent to me by a friend...pass it along...our dollars belong in our pockets, not the scammers.

<https://www.linkedin.com/pulse/dont-fall-how-spot-stop-online-scams-salman-ladha-x9yxc/>

The Donna Seebo Television Show, "Special Editions"

The filming for Episode #20, "Special Editions", *Brain Trauma, A Medical Challenge*, was done in the latter part of March 2026. It is now available for you to watch on my U-Tube-channel & website.

Episode #20 is featured on TCTV, and other outlets, this month. In May & June, we will be filming Episode #22. Tap the links below and you will connect directly with my U-Tube television channel and all the posted programs and videos.

. If you are an author and would like to be featured on one of these upcoming programs, please contact my office-253.582.5604, or email me your contact information, donnaseebo@comcast.net, and we'll share the protocols of becoming a part of this special show.

My television program, The Donna Seebo Show-Special Editions is featured, on TCTV media, Channels 3,22,26,77, three air-times a week. 2:00pm, Sunday...4:00pm, Tuesday & Friday, Pacific Time. You can go to TCTV's website <https://tcmedia.org> to download their app for 'live streaming' or you can scroll down to the 'Watch Button' to watch the programs. Also, if you want to have an app for your phone there are apps at the bottom of the initial website page you can put on your phone. We are posting the television programs on U Tube, my website, and other venues. Upcoming programs will be announced via social media and my radio shows.

<https://delphiinternational.com/personal-empowerment-videos>

<https://youtube.com/@donnaseebodelphivisioninte9974/videos>

The audio portion of the programming will be heard on my radio show...watch for the postings in my newsletter, website, and social media. Be sure to like and subscribe if you enjoy the programming.



The Recipe Box... The Humble Biscuit

The baking bug has bitten me big-time. I wanted to share this recipe with you as it is so simple and these baking powder biscuits are absolutely wonderful. It does take a little time, but worth every bit of effort.

Ingredients: 2 cups sifted all-purpose flour, 2 ½ teaspoons baking powder, ¾ teaspoon salt, 1/3 cup shortening, ¾ cup milk.

Directions: Sift flour, baking powder, and salt together. Cut in shortening. Add milk and stir with fork until soft dough is formed. Turn out on lightly floured board and knead 20 turns. Pat or roll lightly to ½" thickness. Cut with floured 2-inch cutter. Bake on ungreased cookie sheet in preheated very hot oven, 450 degrees for 12-15 minutes. Makes about 14 biscuits.

Note: All ingredients should be a room temperature. I use butter for the shortening, buttermilk for the milk. Also, I was reminded by a friend to let the dough rest for about 10 minutes prior to putting into the hot oven. Also, if you would like cheese biscuits add a cup of your favorite cheese, I like extra sharp Cheddar myself, to dry ingredients with the shortening. Makes 16 to 18 biscuits.

Special Comments

A special 'thank you' to the many people who join me weekdays to hear '*The Donna Seebo Show*' and '*Warriors for Peace*' from around the country and the world. Your emails, calls and wonderful letters make my day. It is always a joy to share the talents and information from people and other sources that can make our lives better. Should you have recipes, ideas, and/or information you think my listeners might be interested in, please email the information to me. Do put *The Donna Seebo Show* in the subject line. Due to the tremendous amount of material received, I cannot promise that I will use it on my show but I do review everything that is sent.

For authors who are interested in being interviewed on my program, please send a copy of your book/CD/DVD publication along with your contact information and press kit to the address noted below. All materials are reviewed for content and if accepted, you will be called to schedule a date for an interview. Currently my interviews are booked two to three months in advance. It is always advisable to follow up with a phone call to be sure that your materials are received by my office.

You are always welcome to share this newsletter and if you have someone who would like to be added to the subscriber list, just send his/her name and email address to donnaseebo@comcast.net . Past newsletters are archived on my website, and you are welcome to review them at any time. If you desire to be deleted from the mailing just type unsubscribe in subject line.

For scheduling of private appointments (by telephone or in-person), information on gift certificates, speaking engagements, private parties, classes, etc., please contact my office at the telephone number listed at the bottom of this newsletter.

Do you know of children between the ages of 3 to 12 who love to read? Then you'll want to order God's Kiss, The Magic Hat, and The Woodcutter & The Tree, my three award-winning illustrated books and audio books. Go to my website, fill out the information and I will be delighted to personalize the books for that special child. We are celebrating our 29th anniversary of 'Classics' publications and now have a website showing all of my children's publications and other products. Both e-books and audio e-books are now available as well.

You can listen to a 'free' preview of the audio book and view some of the art as well on <https://mrsseebosclassics.com>. Ed Gedrose is the illustrator for *God's Kiss* and Carol Ann Johnson is the illustrator for *The Magic Hat* and *The Woodcutter & The Tree*.

Go to my website to order directly on Amazon, Create Space, and Kindle. To order, contact me via my website, <https://mrsseebosclassics.com> or call my office directly to find out more information. Be sure to like us on Facebook, LinkedIn, and X (Formerly Twitter).

Have a magnificent day and remember....

"You are the Master of your Fate, the Captain of your Soul."

Donna Seebo - International Mental Practitioner/Psychic, Counselor, Award Winning Author, Speaker, Teacher, Radio/Television Personality, Minister and Radio/Television Talk Show Personality. Host/Producer of the International 'Donna Seebo Show'... 'Warriors for Peace' radio shows, also The Donna Seebo Show, "Special Editions" television programs

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